

evolve tennis coaching

The following coaching programme will operate at the Thorndon Club:

Term 2 2019: Monday 29 April – Sunday 7 July (10 weeks)

Term 3 2019: Monday 22 July – Sunday 29 September (10 weeks)



Junior Skill Development Tennis Hot Shots

Blue stage (3-4 yrs)	Days	Times	10 wk cost
Build fundamental perceptual motor skills through movement, catching, throwing and striking. 1 coach: 4 players	Contact Evolve to arrange	30 minutes	\$90 (1 day)
Red stage – ½ court (5-8 yrs)			
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. 1 coach: 6 players	Tuesday	3:15-4pm	\$140 (1 day)
Orange stage – ¾ court (8-10 yrs)			
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	Tuesday	4-5pm	\$180 (1 day)
Green stage (Novice interclub)			
Advance tactical knowledge, spin on ground strokes and serve, understand fair play, learn to manage emotions, execute all possible shots on a tennis court. Ratio 1:6	Tuesday	5-6pm	\$180 (1 day)

Adult Coaching

Beginners (0-2 years)	Days	Times	10 wk cost
Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	Tuesday	7-8pm	\$180 (1 day)
Intermediate (2+ years)			
Build consistency on all strokes, develop understanding of tactical fundamentals in doubles and singles, warm up and down routines, match routines. Encourage interclub tennis. Ratio 1:6	Sunday	11am-12pm	\$240 (1 day)

Private lessons

	Days	Time	Per hour/half hour
Structured for your individual game style and skill level. Private lessons are a great way to make rapid progress and make changes in your game. We have tiered pricing based on the qualifications and experience of the coach.	Tues Fri	Contact Evolve to arrange	Nick \$65 / \$37.50

For more information or to register contact:

Phone: (04) 479 1386 **Email:** info@evolvetenniscoaching.co.nz

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Thorndon Club, 4 Katherine Avenue, Thorndon | www.evolvetenniscoaching.co.nz